

THE UPDATER



Armstrong Foodservice School & Child Care Program Updates

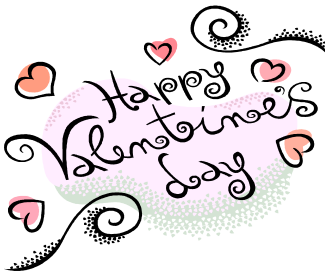
Volume 8, Issue 2

February, 2005



INSIDE THIS ISSUE:

Updates	1
Kraft	2
Little Charlie's	2
Mother Parkers	2
Weston Bakeries	3
New Product Info.	3
Brain Teaser	3
Produce Corner	4



SNACK IDEAS

General Mills Bugels Original

189100 (8x8x43g)

General Mills Bugels Nacho Cheese

189104 (8x8x43g)

Nature Valley Trail Mix Fruit Bar

189345 (12x175g)

Quaker Oatmeal To Go Bars

Apple 189368 (12x235g)

Oats & Honey 189378 (12x235g)

Kellogs Special K Bars

Strawberry 189372 (6x12x23g)

Blueberry 189370 (6x12x23g)

March is Nutrition Month across Canada! The Dietitians of Canada National Nutrition Month Campaign this year is **"Go the Healthy Way...Eat Well, Live Well and Feel Great!"**. The campaign is taking a health promotion approach to address healthy weights with positive messages and suggestions regarding healthy eating, active living and feeling good about yourself.

The Dietitians of Nova Scotia have taken it one step further to challenge Nova Scotians to **Take A.I.M. (Actions to Improve Meals) with an Extreme Makeover Nova Scotia!** We want to motivate child care centres, schools and workplaces to make positive changes to their meals and snacks and ultimately to their total eating plan. The *makeovers* of meals and menus will be evaluated at the end of March and the most "Extreme Makeover" (or positive healthy eating and physical activity initiatives) will be judged and your facility can **WIN WIN WIN!** Stay tuned to our March Updater for more details and tools you can use for the **Extreme Makeover Nova Scotia Challenge** and how you can get **ACTIVE** and **WIN** during Nutrition Month!

Armstrong FoodService has for you our regular monthly price change report as well as a new PAL for 2005! Nest, we have been receiving calls on what HACCP means, and how it relates to you—the customer. Please find enclosed an information package on HACCP Reality.

Armstrong Foodservice wants you to be aware that we have a list of menu and snack ideas. If you would like a copy please e-mail Andrea at: andrea.smith@oharmstrong.ca

And last, but definitely not least, the cookbook will be distributed in March! Not only will the cook book be filled with incredible mouth watering recipes, it will also contain tips on the basics of healthy eating!

Valentine's Day Trivia: Which civilization introduced Valentine's Day cards? Answer on page 3. Have a great Valentine's Day!

Healthy Choices



The following are facts on popular nutrition related issues:

SHOPPERS DEMANDING HEALTHIER FOODS:

- 46% want their store to offer more nutritious prepared foods;
- 45% seeking more foods without trans fat;
- 40% want more low fat options.

SHOPPERS INFLUENCED BY NUTRITION FACTS PANELS:

- 83% regularly look at the Nutrition Facts when buying a product for the first time;
- 91% make a purchasing decision based on this information;
- 26% decided against a purchase in recent months because of labeling information.

THE LOW CARB CRAZE:

- 4.6% of Americans following low carb diets in September '04 - down from 9% in January '04;
- Supermarket dollar sales growth slowed in 13 weeks ending September 13th, 2004;
- 56% say they "never think about carbs when buying or eating food;"
- Growth is slowing for Atkins Nutritionals, which can be seen in hiring a turnaround firm to cut jobs and help downsize; the focus on nutrition bars and snacks cancelled intros of sauces, cookies and soups.

- The Food Institute www.foodinstitute.com

REMEMBER THAT VARIETY IS THE SPICE OF LIFE!

Think low fat, high fibre when planning meals.



189168 – Ritz Bits Cheese Sandwich 60x50g
\$31.27

189182 – Christie Crispers BBQ 60x50g
\$30.27

188974 – Christie Bits and Bites Original 60x50g
\$31.27

189197 – Christie Crispers All Dressed 60x50g
\$30.27

Little Charlie's Pizza

Pepperoni Bulk Pizza

\$67.04

164447 (54 x 170g)



Mother PARKERS

SUPREME HOT CHOCOLATE

208040 \$44.21

The ultimate tasting powdered hot cocoa, specially designed for hot powdered drink machine use. Available in a 6 x 2 lb vending bag format.

LIQUID HOT CHOCOLATE JUBILEE

208044 \$63.95

6 x 2.84L



RANCH STYLE NACHOS

16 baked tortilla chips (approx 1oz)

3oz frozen cooked chicken breast strips or chunks, thawed

1/4 cup (1oz) finely shredded cheddar cheese

1/2 cup chopped tomato

2 tbs light ranch style dressing

DIRECTIONS

Preheat oven to 350F.

Place tortilla chips closely together in a single layer on a baking sheet; set aside.

Using a fork shred chicken strips or chunks. Sprinkle shredded meat evenly over tortilla chips.

Sprinkle cheese evenly over chicken.

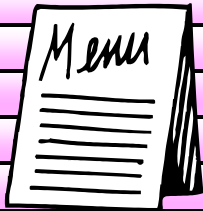
Bake for 5 –7 minutes, or until cheese melts.

Watch closely and remove nachos from the oven if chips begin to brown. Transfer nachos to serving dish and sprinkle them with chopped tomatoes, then drizzle with dressing.



New Product Information for February, 2005

OHA Code	Product	Pack Size	Price
186078	Kellog's Cereal Bowl Fruit Loops	70 x 27g	\$34.26
203118 *	Christie's Sesame Breadstick Cracker	300 x 2 (7g)	\$24.63
10096	Coby's Rice Krispie's Squares	4 (24 x 3")	\$55.96
131455 *	Pepp. Farm Puff Pastry Dough	12 x 411g	\$24.16
186080	Kellog's Cereal Bowl All—Bran	70 x 36g	\$29.18
196694	Sunpac Watermelon Kiwi Guava	24 x 300mL	\$5.75
196645	Sunpac Pink Lemonade Drink	24 x 300mL	\$13.13
202617 *	Mexicasa Nacho Cheeses Sauce	6 x 100oz	\$105.56
155185 *	Rich Sheeted 16" Self Rising Crust	16 x 29ox	\$33.92
155820 *	Rich Supreme Wheat Sub	84 x 6oz	\$25.41
155822 *	Rich Supreme French Sub	84 x oz	\$25.39
173479 *	Omstead Chopped Broccoli	9kg	\$22.63
210732 *	Polar 9" Red Plastic Plate	250's	\$142.32
164429	McCain Vegetable Samosa	60 x 1.5oz	\$41.33
169393	Old South Tropical Smoothie	24 x 3oz	\$17.69
98738	Quaker Peach Raspberry Swirl Muffin Mix	8lb	\$13.57
203476	Strub Large Garden Fresh Pickles	20L (55-60ct)	\$25.38
155383	Ready Bake Ciabatta Bun P.B.	100 x 90g	\$42.20
174375	McCain Fancy Peas	6 x 2kg	\$20.04



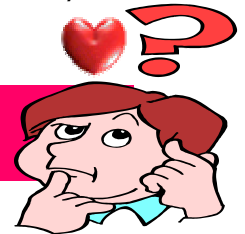
Valentine's Day Trivia answer: Rome

WESTON BAKERIES

As reported in the January 2005 Updater, Weston Bakeries is coming out with a full line of trans fat free bakery products.

This is an amendment to state there are a few products that Weston is unable to reduce the level of trans fats to meet the "trans free" claim threshold set by the government without seriously compromising taste. An example is pecan pie, which contains ingredients where trans fats naturally occur. However, even these products will have their fat levels dramatically reduced by March 2005!

BRAIN TEAZER



January's Brain Teaser was as follows:

Name that Christmas Carol:

1. What child is this?
2. Go tell it on the mountain
3. It came upon a midnight clear

Thanks to all of you who sent in answers.

The winner of a free case of Galco Love Me Tenders is Evangeline Middle School! Congrats!

February's Brain teaser is as follows:

Assign every letter of the alphabet its numerical value: A=1, B=2, C=3, and so on up to Z=26. Can you think of a familiar 7 letter word whose letter values total only 21?

Hint: It's edible!

Send your responses to Andrea at:

andrea.smith@oharmstrong.ca or fax to 765-3856 and enter to win a free case of Christie Crispers!

GOOD LUCK!



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Check out our website at
www.oharmstrong.ca

February's Nutrition TidBit

Did you know all fruits and vegetables are low in fat EXCEPT for avocado, coconuts and olives?

PRODUCE CORNER



We are now in the middle of our Maritime winter, making it a very important time to include fresh citrus in your daily diet. One such fruit is Grapefruit, and is readily available this time of year.

GRAPEFRUIT IS A GREAT FRUIT FOR OBTAINING VITAMIN A AND POTASSIUM .

There are several colors to choose from when selecting fresh grapefruit. The color we carry is pink. They can be stored at room temperature for a week or for longer life, they can be refrigerated for several weeks. Some little facts about grapefruit are that if you roll them between your palm and the counter for a few seconds the fruit will actually be juicier, and if you don't like the rind attached to the fruit, try boiling the grapefruit for a few seconds and then peel it. The rind should come right off.

Pink Grapefruit size 56's will be on sale from February 1 to February 28, 2005

300125 Pink Grapefruit 56's \$20.00

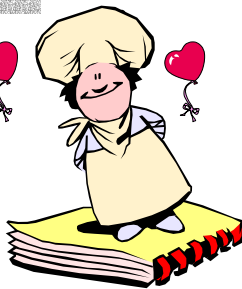
One other way to prepare your Grapefruit:

BAKED GRAPEFRUIT

- 2 Medium Grapefruit
- 4 Teaspoons Dark Brown Sugar
- 2 Teaspoons Butter or Margarine
- 4 Maraschino Cherries

Cut each grapefruit in half crosswise. Remove any pits and cut around each section with a sharp knife. Sprinkle each grapefruit with 1 teaspoon sugar. Dot each half with 1/2 teaspoon of butter. Place grapefruit halves on a paper plate. Heat, uncovered, in microwave Oven 4 minutes. Garnish each half with a maraschino cherry. Serve hot.

RECIPE CORNER



VALENTINE'S DAY SALAD

- 1 (6oz) package strawberry gelatin
- 2 cups boiling water
- 1 (16oz) package of strawberries, partially frozen
- 2 bananas, peeled and diced
- 1 (20oz) can crushed pineapple, drained
- 1 (8oz) tub frozen whipped topping, thawed

In a medium saucepan over high heat, bring water to boil and add gelatin. After gelatin has dissolved, and strawberries, bananas and pineapple. Mix well. Remove from heat. Spoon mixture into individual heart molds or 9x13" baking dish; chill until firm. Top each serving with whipped topping, if desired; serve.

YIELD: 12—14 servings

SUPERB SNACK IDEAS

Grapes n' Yogurt

Mix yogurt, a sprinkle of lemon juice and a dash of brown sugar. Stir in green and purple grapes. Chill to let flavors blend. Serve.

Fruit on a Stick

Made in seconds, this snack is an easy way to encourage children to eat more fruit! Simply skewer melon cubes, strawberries, grapes, etc on a stick. Try using bananas, peaches or pears. You can also use a low fat flavoured yogurt as a dip!

Frozen Bananas

Children love these snack treats—and they are a great way to use your bananas if they've ripened before you're ready to use them. All you need to do is slice the banana in chunks, and freeze individually in plastic wrap. Eat frozen.

Source:

Josephson, R. (1997). *The Heart Smart Shopper: Nutrition on the Run.*